

VET'S INSURANCE & REAL ESTATE

All Classes of Insurance
House Rentals and Sales
Phones: Office 3882, Res. 3738

AL. KRYWOLT
COLEMAN, ALTA.

The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.

VOLUME 35 - No. 7

The Journal - Coleman, Alberta Wed., February 5, 1969

single copy 10c

Leslie Owen

DRY GOODS

Ladies' and Men's

Wear

Across from Central School

Council Pleased With Gas Co. Report

Coleman council, at its meeting approved a fee of \$3 being levied by the town for thawing out frozen water lines. The first call for service will be gratis. Reports indicated that crews were putting in much time during the week and on Saturdays and Sundays doing thaw work.

Gas company foreman Joe Beigun, replying to a query, informed council that it is not dangerous for gas service regulators to be covered over with snow. He added that if snow hardens over the regulator this would cause inefficient operation of gas furnaces.

Mr. Beigun reported that outlet vents and chimneys were icing over, creating a hazardous condition. He recommended that residents take steps to clear these outlets immediately so that dangerous fumes be carried off into the air.

He also reported that the crew had installed 23 three quarter inch gas services during 1968 and 25 new meters, bringing the total service to 600 meters. There are 26 services that are not metered.

Mr. Beigun and his crew were

given a vote of appreciation for the excellent work they did during the past year.

A brief regarding the location of highway 3 through the Crows Nest Pass is to be drawn up by Mayor Holyk, Councillor Fred MacLeod and Secretary Clarence Schile.

The brief will be presented to Minister of Highways Gordon Taylor February 17 or 18.

Four applications for a position on the town work crews were read and were turned over to foreman Rudy Szymanek for study. He was given authority to hire.

Appointments made by council include Alex Wells of Blairmore, as auditor for 1969, and town secretary-treasurer Clarence Schile as welfare officer.

A court of revision is to be conducted in the council chambers on Monday, March 31 by assessor H. Randma.

Announcement was made indicating the annual ratepayer meeting is to be held in the Central School auditorium at 7 p.m. on March 11.

Parked Cars Create Problems For Street Snow Clearance

Fire Chief Henry Zak informed council at its meeting that 15 fire-fighters would be attending and completing first aid training courses during the winter months, through St. John Ambulance Association.

Chief Zak also reported that he had received a number of complaints from residents regarding persons setting off and using fireworks in town. The matter is to be dealt with by council, who will take some action to curb the use of fireworks.

Reports of cars parked around town creating problems for snow removal crews and plowing crews. Car owners are requested to park their cars off the travel portion of the streets in town so that prop-

er snow plowing can be effected. When snow plowing and snow removal is being planned by the town crews on the main street, signs will be erected advising that there is no overnight parking. Cars found parked on the main street will be removed at the owner's expense. Foreman Rudy Szymanek and crew were commended for their efforts at clearing snow.

Business licensing by-law 381 replacing the former business tax by-law is now in effect since January 15th and deadline for payment of the license has been set at March 31, 1969.

H. Randma was appointed assessor for 1969.

Frank Bethel No. 4 Job's Daughters Install Officer Slate

New officers to head Bethel No. 4 International Order of Job's Daughters of Frank were installed to office at impressive ceremonies held in the Masonic Hall at Frank. The open installation was conducted by Miss Pat Bowman, Miss Chris Upton, Mrs. Bess Upton, Mrs. C. Coover, Mrs. J. Beaton, Mrs. J. Michaski, Leslie Brown and Mrs. Jeanette Baer.

Solos were sung by Miss Linda Jazyra, accompanied by pianist Monica Kropnik.

Theme for the installation was "Bluebird of Happiness", chosen by new Queen Wendy Bowman of Coleman, who will raise funds for Crippled Children as her project.

Installed were:
Recorder, Patsy Stella.
First Messenger, Ila Walmsley.
Senior Princess, Donna Ironmonger.

Queen, Wendy Bowman.
Junior Princess, Lynn Watson.
Fifth Messenger, Deanna Hornby.

Third Messenger Heather Wait.
Assistant Association Guardian, Albert Stella.

Outer Guard, Debbie Greenwood.
Senior Custodian, Linda Colwell.
Fourth Messenger, Mary Lindholm.

Treasurer, June Bowman.
Librarian, Vail Giamuzzi.
Guide Messenger, Debbie Trehearn.

Second, Susan Cartwright.
Marshal, Linda Cervo.
Chaplain, Susan Collings.

Inner Guard, Roberta VanWyk.
Junior Custodian, Carrie Lord.
Bethel Guardian, Mrs. Maggie Fauville.

The trouble with the chronic borrower is that he always keeps everything but his word.

Ice Safety

In Canada we are lucky. Every year we experience the wonderfully brisk and invigorating days of winter and early spring and enjoy the fun and pleasure associated with them.

We indulge in our favorite winter sports, some relatively safe, others extremely hazardous. We are for a few months creatures of snow and ice.

Two of the most popular seasonal pastimes, snowmobiling and ice-fishing, can be dangerous unless tempered with caution. There are repeated reports of snowmobiles breaking through thin ice. One example of a close call, quoted by the participant—"My machine broke the ice and nearly went through but by accelerating fast, I jumped the broken area and landed on firm ice." More luck than good management; a poor hook to hang a life on.

Ice-fishing, also a popular sport, draws thousands of Canadians to ice covered lakes every week-end. Quite a few at their own peril.

Last year there were twenty-eight cases of drowning on ice-covered lakes across the country. Many of these cases were due to the victims not knowing local ice conditions before venturing beyond commonly used areas.

A. W. Thiesen, Canadian Red Cross National Director of Water Safety, urges extreme caution where all ice sports are concerned. Know the terrain. Be particularly careful on larger lakes where cracks can open up suddenly, making ice travel very dangerous.

And, remember, a good quantity of snow and temperatures that are not unpleasantly low always produces an ice situation that is not dependably safe.

Wise ice users, be they skaters, snowmobile operators, ice-fishermen or whatever, will double check ice conditions this winter. Be ice safety conscious!

Wonderful World of Golf



Wonderful World of Golf commentator Jimmy Demaret is no monkey's uncle but he gives this spectator some tips on how to improve his golf game the next time he plays the Karen County Club, Nairobi, Kenya. Wonderful World of Golf, television's longest running and most popular golf series returned to CBC-TV Saturday, Jan. 4. This year their color cameras went to such places as Kenya, Manilla, Hawaii and London, Ont. to see golfers like Arnold Palmer, Billy Casper, Julius Boros, and Roberto Devincenzo. The 10-week series ends March 8.

Library Board Hold Annual Meeting

Mrs. Bess Upton was elected to head the Coleman Community Library board at the group's recent annual meeting.

Other officers elected include: Secretary, Mel Cornett; treasurer, Mildred Zak; librarian, John Wavrean; assist. librarian, Lynn Payne; publicity chairman, Jerome Rejman; board members, Lorraine Aiello, Emily Misura, Mollie Strickland, Horace Allen and Steve Penney.

The treasurer's report indicated that total receipts for 1968 were \$175.95, against 1968 expenses of \$115.95. The bank balance as of December 31, 1967, was \$553, and at December 31, 1968, a total of \$557.

The librarian's report showed a drop in the juvenile section membership. Total membership is 192 comprising 145 junior, 22 high school and 25 adult.

A drop in circulation of books was also noted as a total of 3278 books were taken out in 1968 as against a total of 3739 in 1968 and 4044 in 1966.

During the year a total of 411 books were purchased and added to the library shelves, bringing the total number of books on the shelves to 4407.

Chairman Mrs. Bessie Upton moved a vote of thanks to the following workers who put in many hours of library work: Helen Liddell, Vera MacQuarrie, Kate Cornett, Lynn Payne, Bess Upton, Betty Lindholm, Emily Misura, Marilyn Hurtak, Tillie Korman, Margaret Krywolt, Katherine Wecko, Mollie Strickland, Lorraine Aiello and Monica Kropnik.

The meeting concluded after coffee and donuts were served.

Trustees Election Set For Feb. 19

John Albizzati, secretary treasurer of the Crows Nest Pass School Division No. 63, who has been appointed as returning officer for the forthcoming trustees election, announced that date set for the poll is February 19th.

The poll is to elect one trustee for subdivision No. 3 which includes Frank, Bellevue, Mohawk and Hillcrest.

The two nominees are incumbent Joe Krywolt of Frank, and newcomer Mrs. C. E. R. Jepron, present Mayor of the village of Bellevue.

Polls will be set up in the municipal buildings in Frank and Bellevue, the Vantage Building in Mohawk and the Credit Union in Hillcrest, and they will be open from 10 a.m. to 7 p.m.

Blairmore Site For Family Life Seminar

The Board of Trustees of the Crows Nest Pass School Division No. 63 at its January meeting, approved a one-day "Family Life Seminar" being held in the Isabelle Sellon High School at Blairmore.

The event is being arranged by Harold Coward of the Family Life Centre, who announced that Dr. Bruce Hatfield of Calgary, will present the topic "Relationship Between Sexes". The event is open and optional to students from grades 7 to 12.

Secretary John Albizzati announced that the date for the annual meeting of the school division has been set for Wednesday, February 12 at 8 p.m. in the Isabelle Sellon High School Music Room in Blairmore.

Trustee Joe Krywolt was appointed as wards representative to the Zone 6 Economic Committee with the ASTA and he will attend one meeting per month.

The Board approved sending a \$25 grant to the South West Drama Festival Association care of Secretary Frank Featherstone of Coaldale.

Two janitors from the local schools are to attend a custodians' school to be held in Calgary during the first week in July.

The Division will again support ETV (Educational Television) at a cost of 25c per pupil. There are 1571 pupils in the division.

Car plugs are to be installed at the Isabelle Sellon School for use of the staff.

Preventive Pointers

Snow, snow - more snow! At this time, when social activities are at a minimum, the director of this office in conjunction with the director of the Recreation office, are in the process of planning a social afternoon for Senior Citizens of Blairmore.

This social afternoon will take place on February 19th from 1:30 to 4:30 p.m. at the Elks hall, Blairmore.

Watch for further details to be published as arrangements are finalized. Such gatherings are being planned for the other towns in the Crows Nest Pass in the near future, and dates and places will be published shortly.

I would like to take this opportunity to thank the Elks lodges of Coleman and Blairmore for their support in supplying the booths for the Vocational Fair. And so we continue to -

"Accentuate the Positive to Eliminate the Negative."

Your Preventive Social Service Director - Harold Coward.

Pledge Support for Nursing Home

The Crows Nest Pass Municipal Hospital Board at its January meeting pledged full support to attempts to be made to have a nursing home instituted in the Crows Nest Pass.

A letter was received from Harold Atkinson, secretary - treasurer of the town of Blairmore and also the Blairmore Coleman Nursing Home district secretary, suggesting that attempts should be made to reactivate attempts to get a nursing home for this area.

Hospital administrator Ernie Luni advised the meeting that there are presently ten persons in the local hospital that would be eligible to enter such a home, and there are another 20 from this area in homes outside of the district.

The board acknowledged a donation of \$300 from the Crows Nest Pass Club in Calgary. The club is

made up of former Pass residents who hold a reunion party once each year.

The Alberta Hospitals division has approved payment of \$5300 towards repair and replacement of the hospitals roof.

Administrator Ernie Luni reported that the operating deficit for the 1968 year would be approximately \$10,000. It had been previously estimated that this deficit would be in the near vicinity of \$25,000.

The board was advised that much extra work was being done by the maintenance crew to clear the hospital grounds, driving lanes and parking area of heavy accumulations of fresh fallen and drifting snow.

The hospital is presently operating at approximately 90 per cent occupancy.

Family and Friends Gather in Honor of Mr. & Mrs. O. Sorge's 50th Anniversary

(Pincher Creek Echo)
Another happy occasion was celebrated on Saturday, January 25th, the fiftieth wedding anniversary of Mr. and Mrs. Otto Sorge.

A sumptuous turkey supper, served by the U.C.W., was held in the United Church.

Family members present included Mr. and Mrs. Jake Schiffer of Stettler, Mrs. Alma Aldoff of Calgary and Alex, Irvine and Lois Sorge of Pincher Creek, along with 10 grandchildren and three great-grandchildren.

Mr. Bob Maxwell gave the brief salutation to the honored couple, and Rev. Ken Jordan asked the blessing. Mr. Gary Aldoff, the first grandchild, presented Granny and Grandpa with a lovely engraved clock, on behalf of all the grand children.

Open house followed, with 140 signing the guest book, which was attended by Mrs. Gladys Taylor.

Sitting with the honored couple was Mrs. Chrissie Lehman and Mr. Louis Sorge, the attendants of fifty years ago.

Mrs. Pauline Sullivan, sister of Mr. Sorge and Mrs. and Mr. A.

Kubica of Coleman, were in attendance.

The three-tiered wedding cake was made by the bride, and decorated by Mrs. Ken Sorge.

Mr. Carl Bastian very capably emceed the program, which consisted of vocal and piano selections by Sharon Sorge, violin selection by Ernie Criddle, a vocal solo by Eva Campbell, an accordion solo by Cindy Aldoff, trombone solos by Tom Sorge and a very humorous skit by the famous "West Wind Gals".

A congratulatory telegram was read from Bud and Jean Sorge of Kamloops, after which Mr. Bastian reminisced on several incidences in the past, and the joys and sorrows of raising a family in the "dirty thirties".

Mrs. Helga Bruns, a long-time neighbor and friend, made the presentation of many gifts, including a lovely old tea service from one of the poles.

Mr. and Mrs. Sorge thanked the many friends and relations for helping make this such a memorable occasion.

Pythian Sisters Hold Officer Installations

Installing officer Mrs. Amy Penney, assisted by Sisters Ethel Hill and Helen Hopkins, of the Coleman Temple, installed the new slate of officers to head the Hillcrest Pythian Sisters.

The new slate includes: Most Excellent Chief, Mary Kovach; secretary, Eileen Ironmonger; treasurer, Katie Makin; Senior, Mary Watson; manager, Ivy Jones; guard, Doreen White, and promoter, Amy Penney.

MEC Kovach, who is serving her second term as head of the group was presented with a gift for her capable work and Sister Catherine Makin also received a gift for serving the Temple as treasurer for three consecutive years.

Gifts were presented to the installing team after which lunch was served.

New Regulations On Motorcycle Helmets

The Honorable Gordon E. Taylor, Alberta Minister of Highways, has announced new regulations are now in effect, specifying minimum safety standards for helmets worn by motorcycle operators and passengers. Studies just completed showed that many of those in use offer little or no protection.

The new Section 35 of the Regulations To The Highway Traffic Act specifies that helmets worn by persons riding on or operating a motorcycle on a highway must have a hard, smooth outer shell lined with protective padding or other energy absorbing material and a strongly attached chin strap. Helmets must be worn in an undamaged condition.

A gradual phasing in of the new

regulations requires that on or after Jan. 1, 1970, no motorcycle helmet may be used unless it conforms to these prescribed standards.

Only one other province has legislation in this field. Other provinces are expected to follow suit, thus standardizing regulations across Canada.

Information on specification of helmets can be obtained from The Canadian Standards Association, Testing Laboratories, 178 Rexdale Boulevard, Rexdale, Ontario.

Coleman OORP Mark Birthday

Coleman Order of the Royal Purple celebrated its 22nd anniversary at a social evening held in the Elks hall when District Deputy Elaine Turnbull of Kimberley paid her official visit.

During the event Honored Royal Lady Mildred Zak initiated two new members, Mrs. Doreen Collings and Mrs. Lena Bouthillier, into the Order.

OORP 15 year membership pins were forwarded to Mrs. Nina Panek of Coleman, and Mrs. Eileen Rusk of Vancouver.

CNP Figure Skaters To Hold Ice Show

The Crows Nest Pass Figure Skating Club has announced the group will present "A World of Skating" and hockey in Blairmore Arena, starting at 8 p.m. Friday, March 21st.

The skating events are being directed by club professional Peggy Brown, who will also present several solo numbers.

The hockey games will feature local Mighty Mites in one period fast, fun packed games. A door prize is being arranged for by the Figure Skating Club.

COLEMAN ELKS
CASH and PRIZE

BINGO

IN THE

Elks' Hall, Coleman

ON

Fri., Feb. 7th

AT 8 p.m. SHARP

Admission - 12 Games - \$1.00

BONUS CARDS 25c

PRIZES

\$180.00 Jackpot in 57 Numbers
or less. If not won to up \$10.00 each Bingo Night\$10.00 Extra Card Bingo
Winner to receive \$2.00 extra for each extra card he holds

\$50.00 Cash Bingo to Go

\$50.00 Cash Bingo in 57 Nos.

If not won in 57 Nos. prize money will decrease \$5.00
each extra call until won.

8 Other GOOD PRIZES

with option of Cash or Prize

R. E. Thibert Construction

EXCAVATING, DITCHING and DOZING
ALL TYPES CRANE WORKWe Specialize in
Sewer Hook-Ups

Write or Phone for Estimates

P.O. Box 544—Phone 563-3996

Coleman, Alberta

KANANASKIS
SERVICE STATION

Dial 563-3819, Coleman

Proprietor Harold Nelson

B. A. GAS and OIL SENTINEL TIRES

MOTORS STEAMED

COIN OPERATED

CAR WASH

Open 6 a.m. to 9 p.m. Daily

Cash Prizes

COLEMAN LIONS

It's
Fun!

BINGO

IN THE

Coleman Elks' Hall

ON

Wed., Feb. 12th

At 8.00 p.m. sharp

Admission - 12 Games - \$1.00

Bonus Cards 25c

\$100 Jackpot in 75 Nos.

OR LESS

5 Prizes of \$12 and 5 Prizes of \$10

and

\$20.00 Bingo in 6 Numbers or Less

Also EXTRA GAMES according to attendance.

THE COLEMAN JOURNAL

Published Every Second Wednesday at Coleman, Alberta
Authorized as 2nd-Class Mail by the Post Office Department at Ottawa
T. Holstgard, Publisher
Member of Canadian Weekly Newspaper Association
and Alberta Weekly Newspaper Association
Subscription Rates: \$2.50 per year, Foreign \$3.00 per year. Single 10cWelfare Dept. Says
Foster Parents Choose
Over Institutions

The Alberta Department of Public Welfare has always believed that foster parents are preferable to institutions in bringing up parentless children. Orphanages as such just do not exist in the province. Instead about 4,500 volunteer foster parents care for children who for some reason have lost their parents either temporarily or permanently.

The personalized love and care provided by foster parents has proved to be far more preferable to the antiseptic environment of the institution.

As one foster parent put it: "the children may get the best of food, shelter and clothing in an institution, but not the love and emotional security we can give them. Our idea is to give the foster child as normal a life as possible."

The quotation is basically the philosophy of the Department of Public Welfare as well. But there has been a lack of understanding of the principles of foster parenthood among the general public, bordering occasionally on outright prejudice.

The department has recently launched a campaign to improve the public image of the foster parent, including presentation of long-service certificates of merit to foster parents throughout the province and explanation of the beneficial role foster parents play in the community by preparing parentless children with love and understanding for a meaningful place in society.

"Some foster parents may have started out for the benefit of extra money, but they ended up dedicated to the task of bringing up a child who might otherwise have no chance in life. Often the foster child becomes a sort of subsidized member of the family and the foster parents are out of pocket on the agreement," a Department spokesman said.

The rates of payment by the department are adequate to cover the cost of boarding a child in the home. From infancy to 12 years the rate is \$2 a day, from 12 to 16 years \$2.50 a day and from 16 to 21 years \$3 a day.

Additionally a clothing allowance is paid. Arrangements are made for spending money or Family Allowance. All medical and educational expenses are also paid.

Applying for a foster child is relatively easy. The prospective foster parents are required to fill in a brief questionnaire relating to the family's financial ability and the age and sex of other children, if any, in the home. Three references are also required.

Applicants are then visited in their own homes by a caseworker who makes sure that the foster child will have a good family life there. The caseworker checks on the mother's ability to handle children, her emotional stability and the way she organizes the home, among other things.

The foster mother's role is crucial to the adjustment and happiness of the child as she will be with him most of the time, but it is seldom that a child will be placed in a home where there is no father.

After the child has been placed in the home, and this is done with due regard for the compatibility of the parents and children, the caseworker visits the home regularly to make sure that parents and child are adjusting to each other well and to help iron out the day to day problems that might crop up.

There is a continuing need for dedicated and mature people to act as foster parents. Some of the categories are:

—Foster parents who can remember their own troubled adolescent boy or girl;

—Foster parents who have room in their hearts and homes for more than one or more so that a family group can stay together;

—Foster parents who can find joy in helping a retarded or disabled child develop new capabilities and skills;

—Foster parents who will provide temporary homes for babies awaiting adoption;

—Foster parents who can accept a child who is not of their own race;

—Foster parents who can face

the challenge of loving a child who has not yet learned to love.

The greatest need for foster parents willing to take in children 12 years or older, and children of Metis or other mixed race origin.

Be Wise !!!
Take Care Of Eyes

"To be able to see is the greatest thing in the world," said Mr. Bill Drinnan, President of the Calgary Club of the Blind.

In a special interview for White Cane Week, February 2 to 8, the President, who is blind himself, pointed up the need for readers to take care of their eyes. "Doctors state that early treatment could prevent 50 per cent of Canada's blindness," he said. In addition, according to the Workmen's Compensation Board of the 10 provinces, the accident rate is beyond all proportions. More than 300,000 eye accidents occur annually in industry alone. The figure does not include eye injuries on the farm, around the house or at school.

Because of these conditions the OCB and The Canadian National Institute for the Blind are dedicating the 1969 White Cane Week, their annual education project, to the importance of common sense eye care.

The President reviewed three important areas — research is underway on numerous levels in government, university and private source and the advance in eye medicine is considerable. The resulting new knowledge must spread to all concerned with sight preservation.

"Action is the application of knowledge already possessed," Mr. Drinnan said. He made a few suggestions for protecting your own sight.

"See your doctor at the first sign of trouble," he said. "This is the way to catch any eye condition in time."

"If you need glasses, use safety lenses. Many a man can see today because that hard lens took the brunt of the blow."

"If you have children, have the eye test early. Crossed eyes must be treated by the age of seven. The early check can mean the difference between normal vision and one-eyed seeing for the rest of a child's life."

"You cannot make a better resolution this White Cane Week," said Mr. Drinnan, "than to be wise and take care of your eyes. Remember, they must last a lifetime."

What Are Prospects
For 1969?
In Fire Statisticsby A. E. Bridges
Alberta Fire Commissioner

"What are the prospects for 1969?" A fair question for those who are concerned about the perils of death, injury or financial loss through fire.

For the non-smoker, the Fire Commissioner sees prospects of escaping any of the above perils very good. The same prospects are in store for those who observe other primary safety rules, including those who do not do home dry-cleaning, and who prevent their children from playing with matches.

According to the Fire Commissioner, statistics show that those between the ages of 16 and 50 have the best chance of avoiding fire death. This is because children usually suffer from their own misadventures and suffer too from the neglect and fire prevention by their parents. For the older persons, particularly those in their declining years, fire naturally becomes a greater peril.

Certainly there are some very basic concepts about fire that will merit consideration in the new year ahead. Fire retains its ancient powers and will continue to harass the non way. Fire is no respecter of persons since it visits poor and rich alike, in both cabins and palaces. The only way to cope with fire is to be on guard at all times and to be informed and responsible. The best possible fire prevention program is desirable for a happy new year.

A mature maple tree may have up to 2,000 square yards (almost half an acre) of green leaf surface.

DO IT NOW!

20% OFF

ON ALL

Dry Cleaning

Clothing, Drapes, Blankets, Comforters,
Sleeping Bags and Small Rugs

Extra Special

LADIES PLAIN
DRESSES, EACH 98cPANTS or SLIMS
2 PAIR 98cPLAIN SKIRTS
2 FOR 98c

Bulk Cleaning by the Pound

Colours are assorted out and Cleaned Separately

Open Thursdays and Fridays

UNTIL 9:00 p.m.

CLEANING READY FOR SATURDAY

FOR FREE PICK-UP AND DELIVERY
PHONE 502-2112

UNION CLEANERS & TAILORS

Phone 562-2112, Blairmore

DO IT NOW

We Specialize in
BODY WORK

ON YOUR CAR OR TRUCK

Free Estimates Given

FRED'S BODY SHOP

In our old location on Second Street, north of Elks Hall

Production
Creates
Wealth

★ ★

THAT'S WHY it is good business policy to encourage and support local industry. THE MORE people there are employed locally, the more home-owners there are, the more benefit there will be for everyone.

PEOPLE EMPLOYED locally pay taxes --they buy from local stores--they help to create business.

BUSINESS is not a one-way street--it is built by co-operation, good will and a progressive outlook.

BUY FROM stores that make every effort to serve you by buying goods and services advertised in the

COLEMAN JOURNAL

One Hour Martinizing SPECIAL

LADIES DRESSES \$1.00
each

SLACKS or TROUSERS \$1.00
2 pair for

SKIRTS \$1.00 SWEATERS \$1.00
2 for 2 for

20% OFF

ON ALL OTHER DRY CLEANING

Support the Dry Cleaner who helped to bring
Lower Prices to The Pass

Blairmore Cleaning Centre

PHONE 562 2911, Blairmore, Alberta
or Mrs. Joe Trotz at 563-3693, Coleman

The Homemaker



Miss Eileen Sullivan,
District Home Economist,
Clareholm, Alta, Phone 235-3242
Cardston Phone 653-3462
Pincher Creek
Phone 627-3130 or 627-4022

As a Maritimer, who came to the West for the first time only a short few months ago, I was struck by two particular things. The first was the expanse of land, and the second was (of course for me) the absence of fish in the diet of Westerners.

Westerners are by nature "beef eaters" as opposed to Maritimers, who are fish eaters. This, of course, is only natural due to "supply and demand". But why not give fish a try — at least once a month. I guarantee it will add great variety to your mealtime pleasure.

There is a wide selection of fresh water delicacies, and seafood available which fits well into the budget of any and every Canadian family — whether East or West. Families on liberal food budgets

will find every type of Canadian fish relatively inexpensive. A good selection of marine and freshwater products are economically priced and are ideal for those families on moderate or restricted budgets. Just take a look at some of the following prices.

Frozen	Cost	Cost saving
Cod	lb. 1/3 lb.	
Ocean Perch	.49	.16
Smelts	.53	.18
Sole	.65	.22
Haddock	.69	.23
Whitefish	.69	.23
Canned	Cost Serving 1/3 oz.	
Canned Sardines	.13	
Chicken Haddie	.13	
Salmon: chunk	.17	
Salmon: pink	.19	
Tuna: light	.17-.20	
Tuna: white	.20-.25	

And remember there's very little or no waste on fish as there is with meat.

Economy meals do not have to be dull unappealing meals especially when it comes to fish. Each species of fish has a distinctive flavor and texture and all species may be easily prepared in a number of interesting ways. Here's one popular recipe to try:

Lemon stuffed Sole Rings
1 lb. sole or other thin fish fillets, Salt,
2 teaspoons melted butter or fat,
Skin fillets if necessary and slice to make strips about 6 inches by 2 inches. Season fillets on both sides. Line greased muffin cups with fillets or form rings, fastening each with a small skewer or toothpick, and stand on a shallow greased platter. Fill centres of fillet rings with the following stuffing. Bake in hot oven (450°) for 15 minutes.

Lemon Stuffing:
1/2 cup finely chopped celery
1/4 cup chopped onion
3 tablespoons butter
4 cups bread cubes
1/4 teaspoon grated lemon peel
4 teaspoons lemon juice
1 tablespoon snipped parsley
1/4 teaspoon salt
dash of pepper

Cook celery and onion in butter until tender-crisp. Pour over the

bread cubes. Add lemon peel, juice parsley, salt and pepper. Serves 4. Cost per serving 27c.

Next week I'll tell you more about the buying, cooking, freezing, etc., of fish. In the meantime give it a try—won't you?

Report From Parliament Hill

One of the most interesting pre-occupations around Parliament is the observation of the twistings and turnings of the Parliamentary Press members as they try to describe in their own way, the proceedings of the House, and not incidentally, influence public opinion.

Sometimes they make their point clear, sometimes they do not. More specifically they were opposed to a system which would have provided for the allocation of time for debate. This was probably a natural reaction, as the longer a debate dragged, the more time available to the commentators to force their influence.

It will be recalled that the Government and the opposition compromised on the last day of the session before Christmas, and new rules were passed, without the provision for the limitation of debate.

It did not take long for at least some members of the Press Gallery to find fault with the new rules. A Southam News Services correspondent, describing the proceedings of the first day of the session after Christmas said:

"The place looked and sounded the same under the new rules as it did under the old ones."

Later he said:

"The whole affair had the taste and texture of something depressingly familiar and depressingly dull."

Readers who took to heart the comments of this particular reporter will no doubt have believed that things had changed very little as a result of the new rules. But they will have been grievously misled.

What the reader was not told was that only the first 40 minutes of the proceedings were being described. This period is set aside each day to allow Members to ask oral questions of the Ministers of the Government. The new rules were never intended to change the question period.

There has been no attempt to report the next five hours of the proceedings. If there had been, it would have had to be admitted that four pieces of legislation passed second reading in that time. Four bills of similar importance usually took eight days to get through the same stage under the old rules.

The opposition deserves a great deal of credit for the manner in which it dealt with the legislation before the House. Under the old rules, half a dozen or more Opposition Members often spoke on each bill, although what was being said was often repetitious. Now there were only one or two spokesmen from each party, although there could have been more if they chose.

However, there was no attempt to offer praise to the opposition for their conduct, instead, only a criticism of the kinds of questions they asked of the Government.

The report ended with the words, "not the stuff of which parliamentary spectacles are fashioned."

The people are entitled to expect that their business will be conducted in an orderly manner and sometimes dull way. Surely they do not expect it to be a spectacle.

Under scientific forest management, tree growth may be much greater than in wild or untouched forests.

Dental Arts Denture Clinic

Suite 4, Metropolitan Bldg.
5th St. S. - LETHBRIDGE.
Art Dietrich, Mgr. 328 4086

Pass Hotel

Blairmore, Alberta
(Sonny) Richards, Mgr.
Modern Coffee Shop
Rooms with Bath
Reasonable Rates

BUILDING CONTRACTORS

Builders'
Headquarters
Celli's Building
Supplies

Classified Ads

Apartments for Rent
2 TWO-ROOMED fully furnished Suits with bath or Shower and utilities included. Phone 562 2264 after 5 p.m.

Coming Events

St. Paul's United Church Women will hold a Valentine Tea in the Club Room on February 12.

St. Paul's United Church Women will hold a St. Patrick's Tea in the Club Room on March 12.

Victoria Rebekah Lodge will hold a Mother's Day Tea and Bazaar in the L.O.O.F. Hall on Saturday, May 10th.

St. Paul's United Church Women will hold a Valentine Tea in the Club Room on June 16th.

St. Paul's United Church Women will hold an Autumn Tea in the Club Room on September 10.

St. Paul's United Church Women will hold a Pie Social in the Club Room on October 29th.

St. Paul's United Church Women will hold their annual Fall Bazaar in the Club Room on Nov. 15.



Attend Church

ST. PAUL'S United Church

Morning Service—10 a.m.
Sunday School—11.15 a.m.
You are All Welcome.

ST. ALBAN'S CHURCH COLEMAN

10.00 a.m. Each Sunday.
You are All Welcome.

COLEMAN CHRISTIAN ASSEMBLY

Family Bible Hour — 11.00 a.m.
Lord's Supper — 12.30 p.m.
Evening Service — 7.40 p.m.
Holding Fast the Faithful Word
— Titus 1:19
Holding forth the Word of Life
— Philippians 2:16.

JEHOVAH'S WITNESSES

Coleman
Meetings at Kingdon Hall
Every Sunday at 1: a.m.
Every Friday at 7 p.m.

LUTHERAN SERVICES

Held in the Anglican Church
7:30 p.m. Each Sunday
Rev. Karl Keller
Phone 627-4278
Pincher Creek

STOP!

**Coleman Esso Service
GO!**

Reliable Imperial Products and Service including a Licensed Mechanic.

Your Satisfaction is Our Business.

RAMBLER SERVICE CENTRE

PHONE 563-3828
OTTO KRUG, Prop.

Harder's SEPTIC TANK PUMPING

George Harder, Prop.
Phone 564 4625
Bellevue, Alberta

PRESCRIPTION SERVICE

PHONE 563-3619
RESIDENCE 563-3491

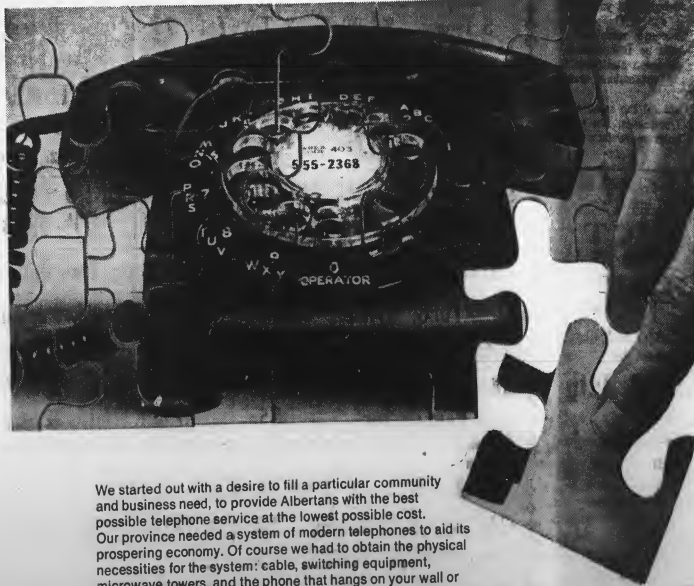
Coleman Pharmacy

Attention Mothers! THE CHINOOK HEALTH UNIT Will hold a Well-Baby & Pre-School Clinic

ON	AT	IN	FROM	
FEB. 6 LUNDBECK		Anglican Parish Hall	1:30-3:30 p.m.	
FEB. 11 COLEMAN		United Church Hall	10:30-11:30 a.m. & 1:30-3:30 p.m.	
FEB. 13 BLAIRMORE		Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.	
FEB. 14 HILLCREST		Credit Union Office	10:30-11:30 a.m.	
FEB. 14 BELLEVUE		Town Hall	1:30-3:30 p.m.	

— FLUORIDE TABLETS AVAILABLE UPON REQUEST —

How do you build a telephone company?



We started out with a desire to fill a particular community and business need, to provide Albertans with the best possible telephone service at the lowest possible cost. Our province needed a system of modern telephones to aid its prospering economy. Of course we had to obtain the physical necessities for the system: cable, switching equipment, microwave towers, and the phone that hangs on your wall or sits on your desk.

Then we had to find people to fit all these things into place. Technicians, engineers, girls who knew how to smile with their voices. Today we're an organization of 6,500 people, an investment of 420 million dollars, an integrated communications service that adds 85 million dollars of gross revenue to Alberta's economy yearly. We met every challenge — provided every type of communication service you needed. Now, we're looking to the future — carrying out a continuing program of research and development that will continue to provide Albertans with the finest possible communications services. We know our reason for being in business. YOU!

AGT ALBERTA GOVERNMENT TELEPHONES

Personalities IN THE NEWS

Mr. and Mrs. Mel. Cornett attended an executive meeting of Alberta Postmasters (Southern Zone) held in Granum February 2nd.

Mrs. J. Derbyshire, a former Coleman resident is a patient in the C.N.P. hospital. She has made her home at Victoria, B.C. with her daughter and son in law Mr. and Mrs. N. Smith for the past 10 years and was visiting with her daughter and son in law Mr. and Mrs. F. McKay at Blairmore before being taken to the hospital. Her many friends here will wish her a speedy recovery.

Miss Christyann Dunford of Calgary visited her grandmother Mrs. M. MacQuarrie.

A renewal subscription was received last week from Mr. A. Cornez, now residing in Calgary. He wished to be remembered to his old friends in Coleman.

Mr. Harold Chamberlin one of Coleman's old timers, now residing in Blairmore, is a patient in the University hospital, Edmonton. Friends in the Crowneast Pass wish him a speedy recovery.

Mrs. E. Andrews of New Westminster, B.C., was the recent guest of her daughter and son-in-law Mr. and Mrs. J. Sudworth. While she was entertained at a birthday party given in her honor at the home of her daughter on Sat., January 25.

Roxy Theatre

Show Times—Monday to Friday, 1 show, 8:00 p.m.
Saturday at 2 p.m., 7 p.m. and 9 p.m.

COMING ATTRACTIONS

Thursday and Friday, February 6 and 7

"Assignment K"

Stephen Boyd - Camilla Sparv - Action Mystery
Cinemascope - FAMILY

Saturday and Monday, February 8 and 10

"Day of The Evil Gun"

Glyn Ford - Arthur Kennedy - Western
Cinemascope - FAMILY

Matinee, Sat., February 8, at 2 p.m.

Tuesday and Wednesday, February 11 and 12

"Girl and The General"

Rod Steiger - Vivi Lisi - Comedy Drama - ADULT

Thursday and Friday, February 13 and 14

"What's Next Fitzwilly"

Dick Van Dyke - Barbara Felon - Comedy
Cinemascope - FAMILY

Saturday and Monday, February 15 and 17

"VILLA RIDES"

Robert Mitchum - Yule Brynner - Western
Cinemascope - ADULT

Special Matinee, Sat., Feb. 15, at 2 p.m.

"GRAND SLAM"

Tuesday and Wednesday, February 18 and 19

'How to Save a Marriage'

Dean Martin - Stella Stevens - Cinemascope
ADULT

NOTICE

The Annual Meeting

For all Sub-Divisions of the Crowneast Pass School Division No. 63, will be held in the

Isabelle Sellon High School, Blairmore
ON

Wednesday, February 12

1969, at 8:00 p.m.

Bride Elect Honored At Shower Jan. 31st

A miscellaneous shower was held in honor of Miss Dorothy Ann Binda on January 31st in the Catholic hall, Coleman, with eighty guests in attendance. Misses Valvine Salus and Jane Kapalka were in charge of the guest book.

The honored guest, Miss Binda, was escorted to the head table by Doreen Hruby; Mrs. Ann Binda, mother of the bride-elect, by Mrs. Margaret Salus; Mrs. S. Hruby, mother of the groom-to-be, by Emily Hruby, and Mrs. G. Kusur, sr., grandmother, by Mrs. Irene Ondrus. All were seated under a canopy of floral decorations and each presented with a corsage of roses.

Whist and bingo was the entertainment of the evening, — whist honors going to, first, Mrs. Dot McGregor; second, Mrs. Violet Wavrean, and third, Mrs. S. Penney. The door prize went to Mrs. Miztol.

A delicious lunch was then served by the hostesses, after which the honored guest was presented with many beautiful and useful gifts.

Mrs. A. Kropinak presented the major gifts, which consisted of a Hoover washer, stainless steelware cutlery, ironing board and garbage container.

Mrs. Irene Ondrus and Mrs. Margaret Salus assisted Dorothy Ann in opening the many other gifts presented to her and these were passed around the hall for all to view.

Dorothy Ann expressed thanks and appreciation to all for the beautiful gifts and good wishes, with a special thanks to the hostesses for making it such a memorable occasion.

Lions Announce Bingo Winners

Winners of prizes at the Lions Bingo night were:
\$25 each, Mrs. R. Cox, Joe Semenzon, Pat Virtue and Margaret Gates.

\$12 each, Rea Pinel, Ron Niemeyer, Ed Nuttal, M. Horvath and Janice Oliva.

\$15 each, Rea Pinel, Mrs. Frank Coccione, Mrs. F. Galvan.

\$10, Emily Hruby, Edna Campbell and Sofie Lepack.
The next bingo night will be on Wednesday, February 12th, and will feature \$100 to go, five \$12, five \$10, \$20 six numbers or less bingo plus other games according to attendance.

Have you ever said, upon reaching home at night, that the whole day had been filled with defeated purposes, that you had worked every minute of the time, at least you had been busy, but you didn't get anything done? This lament of frustration comes mainly from those who have no taskmasters—executives, salesmen and those in the creative or professional work.

Our days are all the same size, like identical suitcases. But some people can pack more into them than others.

Victoria Rebekah Lodge will hold a

WHIST DRIVE

in the I. O. O. F. Hall
Coleman, on

SAT., FEB. 15th

at 8:00 p.m.

Good Prizes - Lunch Served

ADMISSION - 50c

Everybody Welcome

St. Paul's United Church
Women will hold a

Valentine TEA

in the Church Club Room
on

WED., FEB. 12th

from 2 to 4 p.m.

TEA 50c

Everybody Welcome

MEAT and
GROCERIES
Free Delivery

ZAK'S

Meats & Grocers Ltd.

Dial 563-3628
or 563-3817
2 Phones for Customer Convenience

THE BUSY LITTLE STORE ON THE CORNER THAT "DEALS ON THE SQUARE"

SPECIALS

Good for Thurs., Fri. and Sat., Feb. 6, 7, 8

SUGAR, B.C. 10 lbs. \$1.23	BUTTER, 1st grade, lb. 73c	COFFEE, Nabob, lb. 81c	MILK, Carnation 6 Tins \$1.09
-------------------------------	-------------------------------	---------------------------	----------------------------------

Proctor & Gamble Products Real Buys



Ivory
Liquid
32 oz.
bottle
99c



A totally new
form of cleaning
e-n-e-r-g-y

\$1.89

DUZ

King Size \$1.79

MINIT RICE

29 oz. package - 98c

QUAKER CORN FLAKES

12 oz., 3 pkgs. - 99c

KOOKIES, 3 pkgs. \$1.00 | Nabob Instant Coffee, 10 oz. \$1.59

Burn's Meats That Always Satisfy

BACON, Campfire,

1 lb. package - 82c

LIVER, Deveined

and Skinless, per lb. 55c

WIENERS, Bulk Visking,

2 lbs. for \$1.00

PICKLED EGGS,

Per Jar - 63c

BALOGNA, by the Piece, per pound - 45c

Peas and Cream

Corn, 14 oz.
5 Tins \$1.00

TOMATO JUICE

Libby's, 48 oz.
2 Tins for 75c

MUSHROOMS

Money's, Stems
and Pieces,
3 tins for \$1.00

T-V DRINKS

Orange, Grape, Pineapple
and Grapefruit
48 oz., 3 tins \$1.00

PEACHES,

Brentwood,
14 oz., 4 tins 89c

LUNCH MEAT

Jubilee,
12 oz., 2 for 73c

DOG FOOD,

Perky, 8 tins 99c

MAZOLA OIL,

64 oz. btl. \$1.89

HI-LO CHEESE

2 lb. Brick 85c

NABOB PURE STRAWBERRY JAM, 48 oz. Tins Only \$1.15

TOMATOES, Aylmer,

28 oz., 3 Tins for \$1.00

LUNCH MEATS, Puritain,

4 tins for 63c

MARGARINE, So-Fresh

3 Pounds for 85c

CHEESE WHIZ, 2 lb. Jar \$1.43

MIRACLE WHIP, 32 oz. jar 63c

Fresh Produce and Fruits

CARROTTS, 2 lb. pkg. 35c | LETTUCE, 2 Heads for 45c
GRAPEFRUIT, PINK'S, 9 for only \$1.00

5-ROSES FLOUR, 20 Pound Bag \$1.98

PLUS 20c BUTTER COUPON INSIDE

CAMPBELL'S SOUPS, Tomato or Vegetable, 6 Tins for 89c

Kleenex, Economy, 3 pk. \$1.00 | Ballet Toilet Tissue, 4 roll 55c

Let The Journal Handle Your Printing